

# WALES PRIMARY NEWSLETTER



Wales Primary School took part in the national Children's Mental Health week.

From dance and drama to posters and discussions, children across school learnt about a range of things that affect their mental health. For example, self-regulation, the importance of sleep and nutrition.



Here are a few links that may be useful for you to look at in regards to children's mental health and the movie 'Inside Out' is a great place to start;

<https://www.childrensmentalhealthweek.org.uk/families/>

<https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/>

For upper key stage 2 children, there are some great podcasts (delivered by children) that they can listen to. Season 1 episode 1 carefully highlights the different parts of the brain and the reactions they can cause. The series can be found here and on Spotify ;

<https://growyourmind.life/podcast/>

FRIDAY 14th February  
2025

CONTACT DETAILS:

Tel 01909 770236

Email

[school@walesprimary.co.uk](mailto:school@walesprimary.co.uk)



## DATES FOR THE DIARY

### FEBRUARY

Friday 14th Break up for Half Term holiday

Monday 24th INSET

Tuesday 25th Return to school for Spring 2

### MARCH

Thursday 6th World Book Day

Friday 28th Break up for Easter Holiday

### APRIL

Monday 14th Return to school for Summer 1

Friday 18th Good Friday – school closed

Monday 21st Easter Monday – school closed

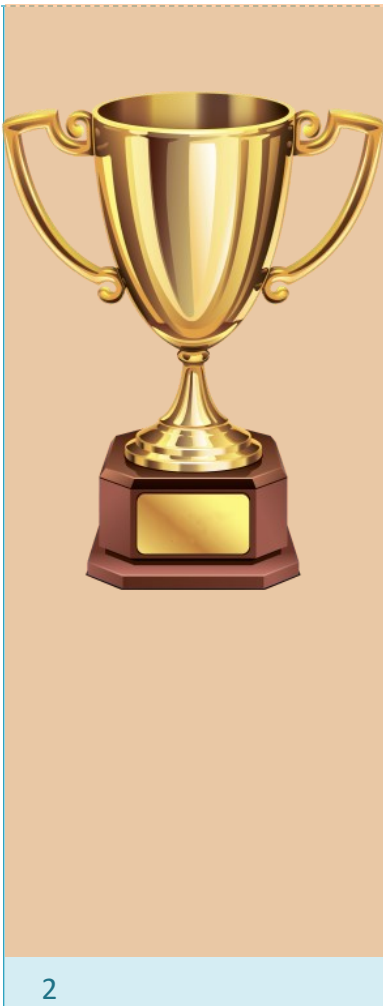
## Late Marks



We have an increasing number of children obtaining a late mark in school. This is just a reminder that the school **gates open at 8:30am** and the doors to **classrooms open at 8:40am**. The **registers are completed at 8:45am** and anyone arriving after this time will receive a late mark.

The school **gates will be closed at 8:50am**. Please note that anyone arriving after this time will need to buzz on the gates and go to the school office (on the ball court) to register attendance.

*“The school is our children; our children make the school”*



## ATTENDANCE AWARD

### 3rd to 7th February

|     |       |
|-----|-------|
| FS2 | 94.5% |
| Y1  | 95.9% |
| Y2  | 93.3% |
| Y3  | 94.8% |
| Y4  | 95.7% |
| Y5  | 97.7% |
| Y6  | 97.1% |

### 10th to 14th February

|     |       |
|-----|-------|
| FS2 | 97.1% |
| Y1  | 98.5% |
| Y2  | 97.4% |
| Y3  | 95.4% |
| Y4  | 98.4% |
| Y5  | 96.8% |
| Y6  | 97.1% |

Well done to Y5 and Y1!

## GO WALES GO!



Well done to our Key Stage 2 ambassadors who took part in a Hockey tournament at Wales High School last Tuesday.



### MESSAGE FROM THE PTFA

You can now raise money for school just by shopping at Asda!

Download the Asda rewards app, go to cash pots and select Wales Primary School as your chosen school - the school postcode is S26 5QG

Each time you scan the rewards app the school's cash pot will grow. You don't lose out on your own cash pot either!

We know some of you have already spotted this and signed up, Superstars thank you.

Please spread the word to family and friends.

Thank you for your continued support

PTFA Fundraising events diary to follow shortly.

## Trans Pennine Trail



### Shop with Asda?

Raise £1 plus 0.5% of every shop for the school FREE!

Easy as 1, 2, 3...

- 1 Open your Asda rewards app
- 2 Tap 'Cashpot for Schools'
- 3 Search for and select 'Wales Primary School'



Please look out for the events posted on the school display board located on the playground.

## Activity Packs

### Just Launched – February Half Term Activity Pack

Get ready for a fun-filled February Half Term with our latest kids activity pack!

Embark on a sensory walk to record what you hear, see, and smell, or join an exciting I-spy adventure. Little chefs can enjoy making delicious jam tarts, while creative minds can craft colourful animals out of salt dough.

Challenge yourself with our February word search and test your knowledge with our quiz before diving into the first instalment of Mandy Mole's adventure along the Trans Pennine Trail.

<https://www.transpenninetrail.org.uk/welcome-to-our-childrens-page/>



**Wales Primary Parent Carer MEET-UP**

As part of the Partnership for Inclusion Neurodiversity in Schools (PINS) project, which aims to help schools build upon inclusion for neurodiverse children within schools. We are hosting three opportunities for parents and carers to come together and share their experiences of what it feels like to be a parent or carer of a neurodivergent child, to look together at what is working well within the school, and to consider what needs to be better.

**Would you like to learn more about neurodiversity (this may include Autism, ADHD, Dyslexia, OCD)? If so, please come along to find out more!**

**Free Refreshments Available**

**Dates for the meet-ups**

- Thursday 27/11/24 1:30 – 3:00 pm
- Monday 27/01/2025, 08:45–10:00 am
- Tuesday 04/03/25, 08:45 –10:00 am

Wales Primary School Making a Difference

**WALES SEND COFFEE MORNING**  
 Here are some words from two of our parents in school with children with SEND;

*‘Please do not suffer in silence. If you have a child with a SEND diagnosis or currently beginning the journey with your child, then please feel free to join the SEND coffee morning held on Tuesday 4th March. Myself and Jane have navigated the system for our children since FS2 so please don't feel embarrassed or lonely. I now have Thomas who is at the Bridge (WHS) and Jane has a child in Y6. Come along and chat to other parents who will be able to share their current issues and hopefully help each other with possible solutions or things to try. It's definitely not all in a book and can be hard work being a SEN parent. We have both learnt so much from other SEND parents over the year. PS. Tea and Coffee is free and biscuits!’*

### With me in mind

As we have mentioned before we are part of the ‘With me in mind’ NHS initiative which supports children and young people and their families to have a ‘healthy mind’. We started on our journey working with the Rotherham team 18 months ago and we are now at the stage where the in school support begins.



They offer support on different levels

- **Consultation and advice**— this is an opportunity for school to discuss support available for an individual child with a qualified mental health clinician. Following on from advice parents / school may be signposted to different services for support. This could also lead to the clinician suggesting direct intervention.
- **Direct intervention**—As our children are primary school aged this direct intervention is usually carried out with a parent on a 1:1 basis. Parents are given resources and reading to work with their child on an identified need e.g. separation anxiety, worries etc. and this is reviewed by a clinician and parent over a period of time to ensure the correct support is given.
- **Whole school approach**—we have already started with our whole school approach where we have had some members of the Rotherham with me in mind team working in school. This can be in the form of assemblies, whole class sessions or small group work. The offer for this is very wide and as a school we select each terms sessions to be carried out. The whole school approach covers many aspects—friendship, confidence, worries, self regulation, self esteem, anxiety to name but a few. We will be holding parent workshops shortly so please look out for these.

To discuss your child at consultation and advice or for your child to access direct intervention we will require your consent for information sharing as it is an NHS service. You will also be asked to consent for your child to access small group work.

If you require any further information on this please either ask me on the gate in a morning or email me:

4 amcdonald@walesprimary.co.uk

# Holiday Club Half Term DATES

ARTS &  
CRAFTS

JUNGLE  
GYM

LOTS OF FUN  
GAMES &  
ACTIVITIES

CLUB



BAKING

@  
WALES HIGH  
SCHOOL

MONDAY 17TH & TUESDAY 18TH  
FEBRUARY

10-3pm 1 Day £20 Both £35  
(Early drop off available from 8.45 am)

TEXT 07794991614 TO BOOK

Ages 5+

## POLITE REMINDERS

- ◆ For **emergency and urgent messages**, plus notification of medical appointments please contact the school office:

Tel: 01909 770236      email: school@walesprimary.co.uk

- ◆ To contact your child's teacher regarding their learning and/or behaviour please use their email address. This can be found on your child's class web page:  
www.walesprimary.co.uk
- ◆ Ensure your child(ren) have a **water** bottle everyday.
- ◆ Ensure your child's uniform is **name labelled**, including their coats.
- ◆ Children bring their **reading book and diary** to school everyday.
- ◆ Any **lost property** will be stored in the entrance to the school hall. It can be collected at the end of the school day with a parent/carer.
- ◆ **P.E kits** are to be worn on the day of your child's P.E lesson. No football kits or gymnastics outfits are allowed.
- ◆ Break time snacks must be **fruit or vegetables only**.
- ◆ If your child is entering school by themselves please be aware that the school **gates are locked until 8:30am**.



## What Parents & Carers Need to Know about

# WHATSAPP

AGE RESTRICTION  
**16+**

In UK and Europe  
rest of the world 13+

...MSG ME...

### WHAT ARE THE RISKS?

With more than two billion active users exchanging texts, photos, videos and documents, as well as making voice and video calls, WhatsApp is the world's most popular messaging service. Its end-to-end encryption only allows messages to be viewed by the sender and any recipients - not even WhatsApp itself can read them. This privacy issue has been in the spotlight recently, as the UK's Online Safety Bill proposes to end such encryption on private messaging. WhatsApp is unwilling to do so and has reportedly considered withdrawing its service in the UK should this legislation go ahead.

### EVOLVING SCAMS

WhatsApp's popularity makes it a lucrative hunting ground for scammers. Recent examples include posing as the target's child, requesting a money transfer because of a spurious 'emergency'. Plus a scam where fraudsters trigger a verification message by attempting to log in to your account, then (posing as WhatsApp) call or text to ask you to repeat the code back to them, giving them access.

### CONTACT FROM STRANGERS

To start a chat, someone only needs the mobile number of the WhatsApp user that they want to message. If your child has ever given their number out to someone they don't know, that person could then contact them via WhatsApp. It's also possible that your child might be added to a group chat (by one of their friends, for example) containing other people that they don't know.

### FAKE NEWS

WhatsApp's connectivity and ease of use allows news to be shared rapidly - whether it's true or not. To combat the spread of misinformation, messages forwarded more than five times on the app now display a 'Forwarded many times' label and a double arrow icon. This makes users aware that the message they've just received is far from an original... and might not be entirely factual, either.

### ONLINE

### 'VIEW ONCE' CONTENT

The facility to send images or messages that can only be viewed once has led to some WhatsApp users sharing inappropriate images or abusive texts, knowing that the recipient can't re-open them later to use as evidence of misconduct. People used to be able to screenshot this 'disappearing' content - but a recently added WhatsApp feature now blocks this, citing increased privacy.

### CHAT LOCK

Another new option allows users to store certain messages or chats in a separate 'locked chats' folder, saved behind a passcode, fingerprint or face ID authentication. The risk here is that this function creates the potential for young people to hide conversations and content that they suspect their parents wouldn't approve of (such as age-inappropriate material).

### VISIBLE LOCATION

WhatsApp's 'live location' feature lets users share their current whereabouts, which can be helpful for friends meeting up or parents checking that their child's safely on the way home, for example. However, anyone in your child's contacts list or in a mutual group chat can also track their location - potentially letting strangers identify a child's home address or journeys that they make regularly.

## Advice for Parents & Carers ...TYPING...

### EMPHASISE CAUTION

Encourage your child to treat unexpected messages with caution: get them to consider, for example, whether the message sounds like something a friend or relative would really send them. Make sure they know never to share personal details over WhatsApp, and to be wary of clicking on any links in messages. Setting up two-step verification adds a further layer of protection to their WhatsApp account.

### THINKING BEFORE SHARING

Help your child to understand why it's important to stop and think before posting or forwarding something on WhatsApp. It's easy - and all too common - for content to then be shared more widely (even publicly on social media). Encourage your child to consider how an ill-judged message might damage their reputation or upset a friend who sent something to them in confidence.

### ADJUST THE SETTINGS

It's wise to change your child's WhatsApp settings (go to 'Privacy', then 'Groups') to specify which of their contacts can add them to group chats without needing approval; you can give permission to 'My Contacts' or 'My Contacts Except...'. Additionally, if your child needs to use 'live location', emphasise that they should enable this function for only as long as they need - and then turn it off.

### CHAT ABOUT PRNACY

Some parents like to check in with their child about how they're using WhatsApp, explaining that it will help to keep them safe. If you spot a 'Locked Chats' folder, you might want to talk about the sort of chats that are in there, who they're with and why your child wants to keep them hidden. Also, if your child has sent any 'view once' content, you could discuss their reasons for using this feature.

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government re-computing internet use and seeking to help young people in the UK, USA and Australia.



...HEY OSCAR...

NOS  
National Online Safety®  
#WakeUpWednesday

Source: <https://blog.whatsapp.com/en-gb/open-letter> | <https://uk.whatsapp.com/01773982792302> | [https://www.whatsapp.com/01066688245?thread=he\\_ho](https://www.whatsapp.com/01066688245?thread=he_ho) | <https://www.whatsapp.com/securely> | <https://uk.whatsapp.com/what-lock-making-your-mom-receive-conversations-private> | <https://www.scans.nhs.uk/whatsapp-scams>